



## City of Newton, MA

# INVEST IN YOURSELF

December 2013 Health and wellness newsletter for employees

### NEED YOUR BLOOD PRESSURE TAKEN? HAVE A MEDICATION QUESTION?

Please call  
x1420 to set  
up a time to  
meet with a  
nurse

### ZUMBA!

ZUMBA  
HAS  
BEEN  
POST-  
PONED  
FOR THE MONTH  
OF DECEMBER



WE HOPE TO  
START UP AGAIN  
AFTER THE NEW  
YEAR.

PLEASE EMAIL  
WELLNESS  
@NEWTONMA.GOV  
IF YOU ARE IN-  
TERESTED IN  
JOINING OR HAVE  
ANY QUESTIONS

## SMOKING CESSATION

November 21st was the Great American Smokeout, where thousands of Americans pledged to quit smoking just for one day.

The health implications of smoking are widely known. As more information emerges about how chronic health conditions like lung cancer, heart disease, and diabetes are related to smoking, it is prompting more people to seek ways to stop.

Here are some helpful tips to quit:

1. Talk with your doctor– Depending on your medical history, your doctor may recommend different ways that might help you quit, or prescribe you medicines that can help reduce cravings.
2. Set a date– Setting a date can help you set a goal for yourself and to help prepare you to quit.

3. Get your family and friends involved– moral support can be incredibly helpful when you decide to quit.



4. Plan for challenges– Find things to distract yourself like new hobbies, games, or activities. Finding ways to distract yourself can help to keep your mind off the cravings.

5. Remove cigarettes from your home car and workplace– Clean and freshen up your car, home, and workplace, old cigarette odors can cause cravings.

Quitting can have lifetime health benefits for you, your family and friends!

Helpful resources:

[www.smokefree.gov](http://www.smokefree.gov), [www.trytostop.org](http://www.trytostop.org)

Or call: 1-800-QUITNOW

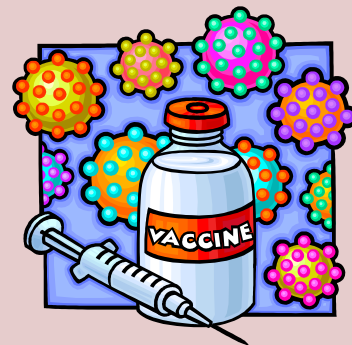
## FLU VACCINE STILL AVAILABLE!

Haven't gotten your flu shot yet? There's still time!

We will be having our community clinic on Wednesday December 4th, at American Legion Post 440 from 4pm-6pm. We are vaccinating everyone ages 6 months and up.

If you miss the clinic just call the Health and Human Services Department at 617-796-1420 to set up a time.

Both Flu Shots and FluMist are still available.





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## OSTEOPOROSIS

Osteoporosis is a disease of the bones that includes wearing away of bone tissue and low bone mass. Osteoporosis causes a greater risk of fractures in the wrist, hip, and spine. There are many ways for you to increase your bone mass and prevent osteoporosis. Since your body does not make calcium, it must be absorbed from the foods you eat. The following foods are high in calcium:

- **Dairy products-** Low-fat milk, yogurts and cheese are good ways to get calcium in your diet. Be careful of the fat content in these foods, as it can be very high.
- **Dark green, leafy vegetables:** Broccoli, kale, bok choy are delicious veggies to get calcium from.
- **Calcium fortified foods:** Calcium is sometimes added to foods to increase their nutritional content— orange juice, cereal, bread, soy beverages and tofu products.

- **Nuts:** Almonds are a great way to supplement calcium into your diet.

Osteoporosis affects both men and women of all ages and ethnicities. However, there are a few groups that seem to be at greater risk of developing osteoporosis including:

- Females
- Older adults
- People who are small in body size
- People who are physically inactive and consume small amounts of calcium

Osteoporosis can be prevented by strengthening your bones through physical activity and weight bearing exercises including: walking, jogging, tennis, stair climbing, jump roping, dancing, hiking, yoga, weight lifting and many more.

Getting plenty of calcium in your diet and making sure to be physically active can help you to prevent osteoporosis.

## WINTER SAFETY TIPS

The chilly weather is here! That means ice, snow, sleet, and anything else Mother Nature can throw our way! Here are some tips to keep you and your family safe this winter!



- **Layers-** Dressing in layers can help you to stay warm on those chilly winter days.

- **Wear appropriate shoes—** Snow and ice can make walking places treacherous. Wear warm shoes with good treads to prevent slipping.

- **Carbon Monoxide—** Do not leave your car running for long periods of time inside your garage to prevent the build up of carbon monoxide.

## BAKED VEGETABLE FRITTATA

*This recipe has lots of calcium, fiber and protein to get you started for a busy holiday season!*



### Ingredients

- 3 tsp. olive oil
- 1 onion, chopped
- 1/2 head of broccoli, chopped
- 1/2 cup leftover cooked rice, potatoes, or bread cubes
- 8 large eggs
- 1/4 cup fresh basil or parsley
- 1/2 cup of low-fat grated cheese (parmesan, swiss, or feta)

### Directions

1. Set your oven to 350 °F, grease the baking dish (pie dish, or other small baking dish)
2. Place 2 tsp. olive oil in skillet and sauté onions until they are translucent, add broccoli, and potatoes, rice or bread cubes, and cook for 3-4 minutes until the broccoli is the consistency you prefer.
3. Set aside sautéed mixture, and in a small bowl whisk eggs and a dash of salt and pepper.
4. Add onion mixture to eggs, basil or parsley, and cheese to eggs and mix well.
5. Pour mixture into the baking pan and place it in the oven for 25-30 minutes.
6. Serve warm with your favorite slice of multigrain bread.

*Taken from chopchopmag.org*